



2012

Summer Pre-Comp

The Pre-Comp swim program is a transition from the Park Center's Swim Lessons into the Murray Aquatic Club, our competition swim team. Swimmers must have passed Level 5 swim lessons or be able to demonstrate Level 5 skills* before registering. Pre-Comp focuses on learning competition swimming skills as well as improving stroke technique and developing endurance.

Day: Mondays, Wednesdays and Fridays

Dates: Session 1: June 1-29 (Deadline: June 7)
Session 2: July 2-30* (Deadline: July 7)
*no class July 4th (Independence Day)
Session 3: Aug. 1-31* (Deadline: Aug. 7)
*no class Aug. 20th – 24th

Time: 5:00 PM – 6:00 PM (4:45- 5:45PM Fridays)

Cost: Member/Resident \$30
Non-Resident \$35

Prerequisite: Must be able to demonstrate Dolphin swim skills

Ages: 5 years – 18 years

Registration Begins: May 15, 2012



*Dolphin Swim Skills include:

1. Perform a shallow dive into deep water
2. Swim front crawl for 50 yards
3. Swim breaststroke for 25 yards
4. Swim back crawl for 50 yards
5. Tread water for 2 minutes
6. Float on back for 2 minutes



Participant's Name _____

Age _____ Male or Female Birth date _____ Grade _____ School _____

Address _____ City _____ Zip _____

Parent/Guardian Name _____ Home Phone _____

E-mail _____ Work Phone _____

Emergency Contact _____ Relation _____ Phone Number _____

Does your child have any limitations? No / Yes

If Yes, please explain _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the forgoing registration, liability release and agree to all of their terms and conditions.

Parent/Guardian Signature _____

Date _____

Office Use Only

Paid \$ _____
CASH CHECK VISA
DISC AMEX MC
Date: _____ Staff: _____

